

ORIGINAL ARTICLE

Knowledge Regarding Common Risk Factors of Oral Cancer at Liaquat University Hospital Hyderabad

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ABSTRACT

Background: Oral cancer is one of the most life-threatening condition in world early diagnosis of oral cancer can increase the chances of survival rates. The present study was carried out to see the knowledge of common risk factor of oral cancer among adult patients visiting Liaquat university hospital Hyderabad.

Objective: The aim of this study was to assess knowledge and awareness of common risk factors of oral cancer among population of Hyderabad City.

Material and Methods: Self administered proforma containing 10 questions were distributed into 150 patients age group 18 to 25 years to obtain the information. The question included the information about patient's age, gender, habits and risk factor of oral cancer.

Result: A total 150 patients participated in this study out of which male were 110 and female were 40. This study showed adult populations of Hyderabad have good knowledge regarding risk factor of oral cancer.

Conclusion: Despite of having good knowledge regarding risk factors of oral cancer, a big amount of adult population is used to it. Government should take steps in order to ban these harmful products in the region where they are extensively used.

Keywords: Knowledge, Oral cancer, Risk factor.

INTRODUCTION

In oral cavity cancer occur anywhere i.e. tongue, gingiva, lips, mouth and throat. Bleeding and non healing ulcer in oral cavity is the most common feature of oral cancer. Through routine pain killer pain in the mouth does not subside.¹ Eleventh most common cancer in the world is oral cancer. In south and south east Asian countries such as India, Bangladesh, Taiwan and in Sire Lanka oral cancer most commonly seen. The common risk factor of oral cancer included alcohol, smoking, smokeless tobacco and human Papilloma virus. 80% risk of cancer occur combine use of alcohol and tobacco.^{2,3} Exposure to sunlight is also predisposing factor of lip carcinoma.⁴ 80% cases diagnosed at

localized stage and 30% cases have tendency to metastasize to Other site.⁵ Usage of tobacco and alcohol is main cause of oral cancer if preventive program is under taken we can minimize the risk of cancer.⁶⁻⁸

Lack of knowledge about the risk factor of oral cancer is the leading cause of oral cancer. In different countries cancer program held but there more emphasis on other cancer like Brest, prostate, cervical brain metases.⁹⁻¹¹ The aim of this study was to assess the knowledge of common risk factor of oral cancer in prèt Abad Hyderabad and find out the association of patient's age, gender, habits and future to assess the risk factor such as smoking, alcohol, man Pori and Pan responsible for oral cancer.

MATERIAL AND METHODS

The study was carried out at Liaquat University hospital Hyderabad from April 2016 to May 2016. The study was conducted on 150 patients. Sample technique was Non probability (convenience) and study design was Descriptive cross sectional study. Patients of age range 18 to 25 years were included in the study. Proforma was designed for assessment of knowledge of common risk factor of oral cancer. Enlarged data were subjected to descriptive statically in the form of frequency. Data was analyzed by SPSS version 16.

RESULTS

Knowledge regarding risk factor of oral cancer were assess in 150 subjects who visited Liaquat University Hospital (Between April to May 2016). In which 110 were male and 40 were females (Table 1).

This study shows that adult people of Hyderabad

Table 1: Showing Age and Gender Distribution of Patients.

Age Group	Male	Female	Percentage
18	20 (12%)	5 (3.33%)	17%
19	15 (10%)	7 (4.66%)	15%
20	30 (20%)	5 (3.33%)	23%
21	10 (6.66%)	10 (6.66%)	13%
22	35 (23.3%)	13 (8.66%)	32%
Total	110 (73.3%)	40 (26.66%)	100%

Table 2: Showing Knowledge Regarding Risk Factor of Oral Cancer.

Knowledge Regarding	Male	Female	Total	%
Smoking	47	10	57	38%
Alcohol	18	12	30	20%
Pan	20	7	27	18%
Man Pori	25	11	36	24%
Total	110	40	150	100%

city know about the risk factor of oral cancer. Regarding knowledge about the causes of oral cancer 38% people know that due to smoking oral cancer occurs,

20% knowledge know that oral cancer can occur from alcohol, 24% thinks that Man Pori is the causative factor and 18% know that eating Pan can also cause oral cancer (Table 2).

Regarding habits 35% patients who participated do smoking, 7% consumes Alcohol, 33.3% patient chew Man Pori and 24% patients chew pan (Table 3).

Table 3: Showing Habits among Participants.

Habits	Male	Female	Total	%
Smoking	45	7	52	35%
Alcohol	10	No	10	7%
Pan	30	20	50	33.3%
Man Pori	25	13	38	25.3%
Total	110	40	150	100%

DISCUSSION

Oral cancer is life threatening condition and it is 11th most common disease in the world. Early diagnosis can prevent from the worst condition of oral cancer.

Adult population living in centre of Hyderabad city has good knowledge regarding risk factor of oral cancer. Both male and female 38% have knowledge that oral cancer can occur from smoking, 20% thinks it is due to consuming Alcohol and 24% feels its due to Man Pori and 18% knows that it is due to eating Pan.

Result of this study shows similarity with the study conducted Islamic international dental hospital Islamabad in 2011. People living in Islamabad has good knowledge regarding risk factor of oral cancer where they showed overall 54% awareness regarding oral cancer.¹²

Regarding habits 52 patients (35%) are habitual of doing smoking, only 10 male patients (7%) are consuming Alcohol, 50patients (33.3%) are chewing Man Pori, 38 patients (25.3%) have the habit of chewing pan.

Although the people of Hyderabad city have good knowledge about the harmful effects of oral cancer but still they are using these products as they were addicted of them which is an alarming sign.

CONCLUSION

Despite of having good knowledge regarding risk factors of oral cancer, a big amount of adult population

is used to it. Government should take steps in order to ban these harmful products in the region where they are extensively used. A combine effort by Government organization, non Government organization, medical doctor, dental doctor, dental hygienist should be taken to improve the knowledge regarding risk factor of oral cancer by communicating through electronic and print media, television, radio and write harmful effect in article and magazine, so that we can get rid of this evil (oral cancer) as soon as possible.

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